



# Newsletter

Volume 6 Issue 2

Summer, 2005

## Special points of interest:

- Design by nature
- Design by choice
- Design by function
- Elders and kids: the perfect combination?

The Newsletter is a project of the N.C. Coalition for Long-Term Care Enhancement. To respond to articles, contact the editor: Kaye Brown, Ph.D. at Duke University, (919) 668-3348 or the Coalition at <alice@ltenhance.com>. 1,500 copies of this public document have been printed at a cost of \$361.33 or \$0.24 per copy.

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## Permaculture

By Sarah Gibbs

**Permaculture** is a method of designing sustainable human environments. We look to nature to learn how to design and work in this way.

### Principles of Permaculture Design

It's the connections that matter. Set up working relationships between plants, animals, people, land, water and structures so the needs of one component are met by the yields of another component. Create the right placement for mutually beneficial functions.

Each element performs multiple functions. Every element placed in your design will have more than one function (ideally, three or four).

Each function is supported by multiple elements. This creates many energy paths and redundancy.

Energy-efficient planning. Use zones and sectors in your design. Zones: Placement of elements on a site according to how much we use them or how often we need to visit them. Sectors: Analyze the effects of energies that come from off-site. Place design components to manage incoming energy to our advantage.

Use biological resources. Use the available biological resources to save energy, produce needed materials and perform work. The key is management based on timing and placement.

Energy cycling and recycling. Catch, store, use and cycle energy before it degrades.

Design small-scale, intensive systems. Work out from the nucleus on a controlled front.

Stack and pack your system. Use vertical space and plant densely. Use natural succession to your advantage.

Create diversity and edges within each system. Edges are where the action is. Increase the yield of a system and spread the yield evenly over time and space.

Observe and replicate natural patterns. Spend time observing the patterns in your ecosystem; incorporate appropriate patterns into your design.

Ethics and attitude matter. Turn problems into solutions. Work with, not against, nature. Everything gardens. Distribute surpluses, limit consumption. Make the greatest change with the least effort. Work where it counts. Care for the earth, care for people and care for the community. Remember that every living thing has intrinsic worth. □

### Resources for further study in Permaculture:

Bill Mollison, Introduction to Permaculture

Rosemary Morrow, Earth User's Guide to Permaculture

Toby Hemenway, Gaia's Garden: A Guide to Home-scale Permaculture

Patrick Whitefield, Permaculture in a Nutshell

Ross and Jenny Mars, Getting Started in Permaculture

Robert Hart, Forest Gardening: Cultivating an Edible Landscape

Bill Mollison, Permaculture: A Designer's Manual

Christopher Alexander, A Pattern Language

David Holmgren, Permaculture: Principles and Pathways Beyond

Sarah Gibbs is a Permaculture Designer living in Blacksburg, Virginia. She can be reached at 540-818-1394 or <sarahgibbs68@verizon.net>. To learn more about horticultural therapy, please go to [www.horticulturaltherapy.org](http://www.horticulturaltherapy.org). The Carolinas Chapter of the American Horticultural Therapy Association will hold its annual conference entitled "Open Your Eyes to Horticultural Therapy Changes, Solutions and Antidotes for Healing" in Columbia, SC on September 18<sup>th</sup> & 19<sup>th</sup>, 2005. In Columbia, SC. For more information contact Terry Jackson (803) 779-8158. "Permaculture" by Sarah Gibbs was published in Forever Green, Volume 5, Number 2, Spring 2005, the official newsletter of CCAHTA, and is reproduced here by permission.

## Designing for Home by Cornelia C. Hodgson, AIA

*The project architects for Carol Wood's Assisted Living/Childhood Education Center, Dorsky Hodgson + Partner, will be exhibiting at the NCCLTCE Enhancement Conference in Chapel Hill on June 22, 2005*

As Carol Wood's Architects, we were charged with translating the vision, philosophy and goals of the planning team into architecture. The Carol Wood's Vision, "Strives to serve as a national model promoting successful aging." The philosophy of care is that, "While good medical practice, social work and nursing remain the touchstones of practice; healthcare is seen as operating in the background. In the foreground is an appreciation of the life work of each resident, and attention to each resident's sense of purpose and enjoyment of life...self determination and dignity are fully honored..." The project vision is to create a familiar, enriching, and comfortable environment that would enhance pleasant memories and reawaken past meaningful routines.

### Unique Issues

Design an environment that: focuses on capabilities, not limitations; allows cognitively intact and cognitively declining individuals to navigate and engage successfully.

Speak successfully to the code and regulations but design to the enhancement of lifestyles.

### Design Goals

Image: home, comforting, solitude, engagement, choice.

Way finding: directional clues; points of importance apparent from a distance.

Privacy: personal space for residents, family and staff; visual as well as acoustical privacy.

Flexibility: in room arrangement; space usage; extension of program over resident's life changes.

Circulation: walking circuits readily distinguished and inviting into resident public areas.

Architecture as a therapeutic response: visual, tactile, olfactory, auditory senses all engaged, with memory stimulating opportunities throughout the house.

Lighting: natural light whenever possible without producing glare; easily adjusting light levels.

Indoor/outdoor transparency: outdoor vistas throughout the house; particular attention to the scenery outside bedroom windows; clear sight of vision with the children's playground from the porch; natural environment easily seen from the indoor.

Acoustics: minimize external noise; building materials and finishes should insulate from noxious noise; mitigate noise when moving from public to private spaces.

### Design Program for Resident Spaces

#### Resident Public Spaces

Garden: therapeutic spaces that enhances a sense of journey and adventure, with a walking circuit, water feature and interactive opportunities.

Porch: linking indoor to outdoor; provide direct line of site with the children's center, allowing space for solitude, or group activity such as outdoor dining.

Activity area: with storage and adjacent to dining area; allows messy activities so needs a sink.

Living room: main public visiting area, enticing residents to spend time in a social environment; looks like a living room with fireplace, bookshelves, and multiple types of seating arrangements.

Library area: well lit reading area with shelves to house books,



This rendering of the joint courtyard for Carol Woods' new Assisted Living/Childhood Education Center shows careful attention to its anticipated use as a secure and pleasant gathering place encouraging interactions between residents and young children. (Courtesy Dorsky Hodgson + Partner)

magazines, tapes and a children's section.

Entertainment room: with access to TV, games, music and acoustically isolated.

Dining area: large enough for 12 residents and 4 visitors; accommodates wheelchairs; able to be used at times other than dining.

Kitchen: the heart of the house, with a feel of a residential kitchen; lower counter top on the other side of the sink to allow assistance in food preparation and gathering.

#### Resident Private Spaces

Bedrooms: purest expression of privacy; decorated with personal belongings; each with a private bathroom with a hand held showerhead; designed with visual cueing in mind.

Laundry: residential and to be used by staff; residents and family for personal laundry with folding shelf; designed to encourage residents to participate.

Whirlpool tub rooms: located near clusters of bedrooms; soothing and relaxing room with tub, toilet, hair washing sink, and vanity. □

Cornelia C. Hodgson, AIA, Senior Partner, this project's lead architect can be reached at Dorsky Hodgson + Partner, 23240 Chagrin Blvd, Suite 300, Cleveland, OH 44122, 216-464-8600.

## Intergenerational Assisted Living

by Erin King, MSW

Through a joint partnership with the Chapel Hill YMCA, Carol Woods Retirement Community realized a dream of developing an intergenerational community. In September 2002, it opened two unique assisted living houses that incorporate in their site plan a four-classroom Children's Center. The goal of the project was for residents and children to develop friendships by bridging the generational gap through their commonalities, while at the same time fostering an appreciation of their differences. The Children's Center is currently undergoing the strenuous 5-star rating accreditation process.

Residents interact with the children in both spontaneous and educational activities. Active programs, such as cooking, gardening, and life-storytelling are some of the routine activities in the Children's Center. But they are not the only intergenerational activities that occur. Retired nurses and other resident caregivers provide TLC for sick children until their parents are able to retrieve them. Several residents serve as instructors in swim lessons and musicians teach the children how to play instruments. These events add value to the Center's curriculum as well as giving residents a renewed sense of purpose.

Wherever they go, the children have energized the community with spontaneity and fun. Weekly lunches in the assisted living

dining room and visits to residents' apartments provide a dash of excitement to the residents' lives. Following nature walks with the children, residents always seem to have their sense of



The new assisted living units at Carol Woods are set in a garden within the established community's campus. The two new buildings share a secure courtyard with the adjacent early childhood development center. This award-winning design was created by Dorsky Hodgson + Partner. It will be on tour at the Coalition's Enhancement Conference on June 22<sup>nd</sup>.

wonderment renewed, proving once again that a child's enthusiasm is contagious. One resident enjoys sitting in the playground with the children at the end of his day. He said: "I go and sit in a chair and watch the children run, play and jump all around me. They have an unbelievable amount of energy. It has really given me a new lease on life".

While the Children's Center keeps the residents youthful and the children engaged, it also serves a practical purpose in the community. With a high need for childcare, retirement communities such as Carol Woods are able to utilize the skills of residents to offer a unique, high-quality day-care alternative. Furthermore, such a center may become a

needed benefit to retain valued employees with child care needs.

Despite the generation gap, the residents and children at the Children's Center seem to have recognized their differences as well as their similarities. Pat Sprigg, president of Carol Woods, believes that mixing the generations is having an overall positive effect. She tells how several weeks ago she looked out her window and saw a long brigade of children on tricycles. At the end of the line there was a child in a wheel chair followed immediately by a resident in a wheel chair. It was a great moment and Sprigg thought to herself: "This is working". □

Erin King is the 2005 Chair of the NC Coalition for Long-Term Care Enhancement. She can be reached at Carol Woods Retirement Community, 919.918-3216 or <[eking@carolwoods.org](mailto:eking@carolwoods.org)>. "Intergenerational Assisted Living" was published previously in the *Newsletter* and is reproduced here because this project will be on tour during the Coalition's Enhancement Conference at Carol Woods June 22.

### COMING IN THE NEXT ISSUE

Take ordinary areas, add an artist with imagination, and you can turn institutional walls into works of art. Here trees and garden paths welcome residents to bathing areas once avoided.

This transformation is the result of The Lutheran Home at Trinity Oaks in Salisbury's efforts to make bathing a more pleasurable experience. See more pictures, and read about their efforts, in the fall edition of the *Newsletter*.



## Virtual Reality: Developing Responsive Adult Care

*The award-winning Health & Wellness Center profiled in this article will be on tour at the Coalition's Enhancement Conference held at Carol Woods on June 22, 2005.*

When faced with its residents' needs for increasing healthcare, The Forest at Duke's staff brought their experience with long-term care to the design team charged with creating more adult care units. In 12 years of operating their community, the staff knew that over 80% of its health-care residents suffer from dementia. They also knew that dementia sufferers are unusually responsive to environmental cueing. Thus, from the outset, designing the project focused on increasing the known benefits for resident memory support.

Residents' needs were best described along two principal dimensions, cognitive and physical, and the amount of assistance each needed ranged from minimal to intensive. The experience of the staff thus created the charge to the designers who in turn created neighborhoods specialized to assist residents with varying needs.

For residents with relatively normal cognitive function, the project offers residential-style apartments. Unit size was scaled to be no smaller than the smallest existing independent living unit in the community. This was to minimize the degree of downsizing a resident would experience when transitioning from independent to assisted living.

For residents with dementia, the

design team created a spectacular simulated village complete with houses, streets, gardens and a commercial district. This "virtual" environment for special-care residents is rich in features they find meaningful as well as comforting.

In neighborhoods designed to accommodate different resident populations, those needing memory support find it everywhere. The main street running through the project simulates a village streetscape. Along it, apartments appear as town homes, some complete with much-used front porches. Meals are taken at any of the village's restaurants the resident chooses.

The healthcare spaces have been "normalized" by carefully integrating them into the streetscapes of the virtual neighborhoods. The arrangement of the varying neighborhoods came about after many alterations in the design process. Ultimately, the "lay of the land" determined that the most secure special-care neighborhood be located next to a secure outside garden. From that point on, the overall placement of the neighborhoods came together wherein the upper floors house residents with less needs for assistance than the lower floors.

The client's representative on the design team was Leslie Jarema, the healthcare director. Her abiding interest in the project was to create an elegant residential environment supportive of resident autonomy. As both a seasoned administrator and a well-known artist, Leslie's influence can be felt throughout the Health & Wellness Center. From the rich detailing found all along the main street to the menus on display in each pre-dining space adjoining the restaurant-style dining rooms, residents move

through spaces most remember from earlier periods in their lives. However, their living units are crafted to take into account the residents' current needs for supportive environments.

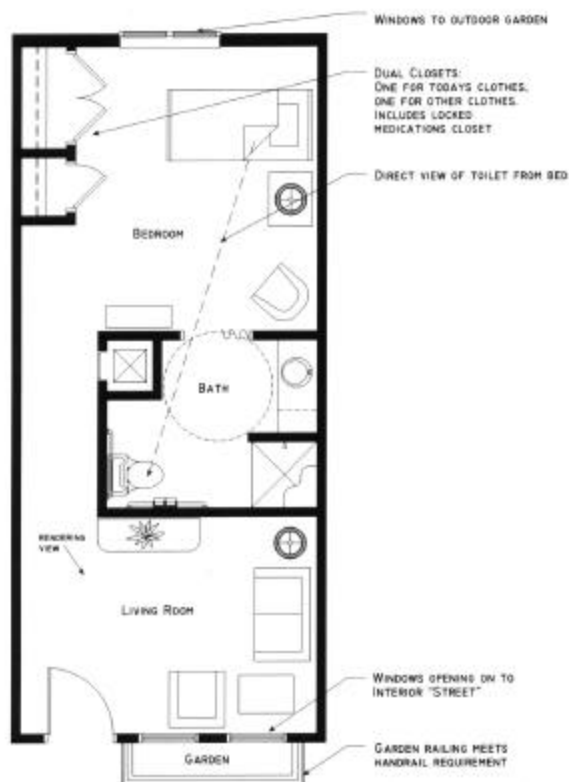
Residents in all the newly constructed apartments have control over much that matters in their daily lives. Even in the secure dementia neighborhoods, residents set their own apartment's temperature and can access their day's clothing. All resident medications are kept locked in their apartments, eliminating the need for the ubiquitous medication cart in the hall.

But some of the most innovative programming of this project can be seen in the plan reproduced here for a typical special-care apartment. Sightlines have been carefully thought out. Many residents living in the neighborhoods can casually view the town's street from one window and the adjacent gardens or courtyards through another. While lying in bed, most residents have an unobstructed view of their own commode as well as access to a call bell if they should need it. These accommodations fit seamlessly with others such as the available food-preparation apparatus that can be brought into any apartment, creating environments that are supportive, familiar and adaptable.

To date, the community has had no problems transitioning residents from one neighborhood to another. This fact by itself is a good indicator that the project has already acquired acceptance among the residents living there. □

Leslie Jarema, NHA, is director of the Health & Wellness Center and the vice-chair of the NC Coalition for Long-Term Care Enhancement. She can be reached at <[leslie@forestduke.com](mailto:leslie@forestduke.com)> or 919.419-4008.





State-of-the-art assisted living apartments (above) open onto an incomparable main street (below) in The Forest at Duke's new project. Take a tour with the Coalition on June 22!



**LTC Enhancement Conference and Resource Fair**  
**June 22, 2005 10:00 AM - 2:00 PM**  
**Carol Woods Retirement Community**  
**750 Weaver Dairy Road, Chapel Hill, NC 27514**

**Registration begins at 9:30 AM**  
**Visit with Vendors 9:30-10:00**

Agenda	Time	Speaker(s)
Welcome Overview of Coalition	<b>10 minutes</b>	Susan Hollett
<b>Overview of Enhancement Philosophies</b> Eden Alternative Pioneer Network Green House Concept Person Center Planning WellSpring	<b>40 minutes</b>	<b>Coalition Members</b>  Alice Carroll/Sandi Hargette Nadine Pfeiffer Rhonda Lee/Kaye Brown Denise Rogers Ted Goins
<b>Best Practice Presentations</b>	<b>45 minutes</b>	<b>Selected Grantees</b> Maryfield-Eden Alternative Brian Center/Brevard-Snoozelen
<b>Lunch</b> <b>Visit with Vendors</b>	<b>60 minutes</b>	
<b>Best Practice Presentations</b> (Continued)	<b>45 minutes</b>	<b>Selected Grantees</b> Lutheran Home/Hickory-WellSpring Yancy Nursing Center-Dining Enhancement
<b>Empowerment</b>	<b>40 minutes</b>	Susan Dean
<b>Total: 240 minutes Participant receives 3 contact hours</b>		

**Optional**  
 Participant may choose to tour an "Enhanced" facility  
**Tours (pick one) 60 minutes Facility Personnel**  
 Carol Woods  
 Forest at Duke

**Register Now:** Attendee \_\_\_\_\_  
 Facility \_\_\_\_\_  
 Address \_\_\_\_\_  
 Email \_\_\_\_\_ Phone \_\_\_\_\_

Lunch Preference (choose one) Meat Cheese Vegetarian

Complete this form and enclose a check for \$10/attendee made out to **NCAPA** with "LTC Enhancement Conference" on the memo line. Send both to: **The Oaks at Forsyth, 901 Bethesda Road, Winston-Salem, NC 27103, Attention: Susan Hollett**  
**(Make as many copies of this registration form as needed)**

THE NORTH CAROLINA COALITION FOR  
LONG-TERM CARE ENHANCEMENT

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## **LTC Enhancement Conference and Resource Fair**

**June 22, 2005     10:00 AM - 2:00 PM**

**Carol Woods Retirement Community**

**750 Weaver Dairy Road, Chapel Hill, NC 27514**

**Information, lunch, tours, and CEU's - all for just \$10! See page five for details  
and registration. Hope to see you there!**

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